



Depression and Bipolar Support Alliance

We've Been There. We Can Help.

Home –

Welcome to the Los Angeles Northeast chapter of the Depression Bipolar Support Alliance. We are here to provide information and support to anyone personally dealing with mood disorders. Our group is confidential, welcoming and informative and you will find support and understanding with us no matter the state of your mental health. We exist to support, empower and advocate for people with mood disorders and their family and friends. We encourage education, the exchange of information, and peer support in a way that is sensitive and responsive to needs. The support group is a safe, caring environment in hopes to enhance the quality of life for all.

Our goal is to improve the lives of those living with a mood disorder.

About Us –

The Depression and Bipolar Support Alliance (DBSA) is the leading patient-directed national organization focusing on the most prevalent mental illnesses. The organization fosters an environment of understanding about the impact and management of these life-threatening illnesses by providing up-to-date, scientifically-based tools and information written in language the general public can understand. DBSA provides hope, help, and support through peer-based, recovery-oriented, empowering services, and resources when people need them and how they need to receive them.

Support is essential to recovery. One of the most helpful things one person can say to (or hear from) another is "I've been there." Depression and bipolar disorder are isolating illnesses. Support groups bring people together who understand the up, downs and frustrations of depression or bipolar disorder. DBSA support groups are a safe confidential place to talk about and overcome the day-to-day and long-term challenges of mood disorders.

If you've been diagnosed with a mood disorder, you are not alone. Mood disorders affect more than 22 million Americans. You are not weak, flawed, or crazy. One of the best things you can do to help yourself in your recovery is learn all you can about your illness.

Mood disorders are physical illnesses that affect the brain. Their exact cause is not known, but it is known that an imbalance in brain chemicals plays a role. These illnesses also have a genetic component, meaning they can run in families. They are not your fault, and they are nothing to be ashamed of. Having a mood disorder does not mean you can't lead a normal life.

Meeting and Contact Information –

Support Group Meeting Place

**Vallejo Drive Adventist Church
300 Vallejo Drive
Room 106
Glendale, CA 91206**

Every Tuesday 7:00pm – 8:30pm

Questions & Info E-mail:

dbsalosangelesne@yahoo.com

Web site: dbsalosangelesne.org

Contact: Wanda Sellers

Telephone #: 818-352-4346

Between 8am – 6pm ONLY

DBSA National Alliance Website:

www.dbsalliance.org

Click on “Find Support”

Each online support group meets for 1 - 2 hours. The group may be shortened if there are fewer participants.